



Let's Stay Connected

WINTER / SPRING 2023

DOROT is back in person! After nearly three long years of virtual connection, it's a privilege to be together in-person again, both in your home and at DOROT.

Our in-home programs, services and volunteer opportunities have resumed. We are delighted to connect you with volunteers for visits in your home and to also welcome you back to DOROT for engaging and entertaining programs. We have a dynamic array of offerings in whatever format works best for you.

Join us **IN HOME** **ONSITE** **ZOOM** **PHONE**

All programs are free of charge. Learn more or register today. Visit dorotusa.org, call **(212) 769-2850**, or email info@dorotusa.org.

Our Programs

Friendly Visiting **IN HOME**

Welcome a volunteer who shares your interests into your home for weekly or monthly visits and friendly conversation. Enjoy a mutually rewarding friendship.

Response Team **IN HOME** **PHONE**

Would you like someone to assist you with errands, such as returning library books or donating clothes? How about a companion to play board games, read the news, or take a walk? Volunteers are ready and "At Your Service!"

Holiday and Seasonal Package Deliveries **IN HOME** **PHONE**

Four times a year, DOROT volunteers deliver packages with seasonal or holiday treats and visit with you either on the phone or at home. You will be notified when to sign up for this all-time favorite DOROT program.

University Without Walls **PHONE**

Dial into friendly group conversations and learning opportunities exclusively for telephone users. Programs on the arts, music, current events, wellness and more are led by knowledgeable and enthusiastic facilitators. Call **(877) 819-9147**

Caring Calls **PHONE**

Connect with an adult volunteer weekly for a 20-30-minute friendly chat about common interests. Matches are for 8 weeks but often last longer.

Onsite@Home **ZOOM**

Our daily virtual programs are growing in popularity, offering exciting and enriching content on everything from art and culture, to book talks, poetry and writing workshops, meditation and movement. Email dorotprograms@dorotusa.org

Programs that welcome staff and volunteers into your home are available to those who live on Manhattan's Upper West Side between 59th and 125th Streets and between 14th and 96th Streets on the East Side. As a first step, a member of DOROT's social work team will visit with you in your home. Please call (212) 769-2850 to make an appointment. For everyone's safety, please review our [COVID Guidelines](#).

GENuine Connections **ZOOM**

Bridge the generational divide. Engage in meaningful conversations and creative activities with a group of teens and other older adults once a week for 7 weeks. This program makes a difference. The benefits go both ways.

Onsite & Special Programs **ONSITE**

Join us for classical and global music concerts and other culturally enriching programs.

Intergenerational Programs

IN HOME **ONSITE** **ZOOM**

Meet thoughtful teens and other adults 65+ through group programs or visits in your home with 2-3 teens. Enjoy fun and laughter while forming new and unexpected bonds. Options include engaging with teens all year round for lively discussions, the sharing of hobbies, art, and playing chess and other games.

Legacy Projects **IN HOME** **ZOOM**

Sharing your life story can be profound and gratifying. Volunteers will help you capture memories, words of wisdom, photos, and stories. Create a legacy project that is unique to you and tells your story.

Tech Coaching **IN HOME** **ZOOM**

A trained Volunteer Tech Coach can teach you to use your computer, smartphone, or tablet to connect with family and friends, search the internet or use social media. Coaching is tailored to meet your individual needs.

Living Well Digitally **ZOOM**

Learn about new technologies that will help you remain independent and connected.

Advance Care Planning **IN HOME** **ZOOM**

Get assistance from trained staff and volunteers to document your end-of-life health care preferences via a health care proxy and/or living will. They can also support you in sharing your decisions with important people in your life.

Aging Alone, Together **ONSITE** **ZOOM**

This six-week series of workshops, designed specifically for solo agers, will teach you to skillfully handle the legal, logistical, and social challenges of growing older. Join a supportive community and create an action plan that will empower you to make necessary decisions. New sessions are offered throughout the year.

About DOROT

DOROT offers innovative programs and services for adults ages 60+. We engage more than 5,500 older adults and 6,000 volunteers annually. Our wide array of programs and services create meaningful connections that alleviate social isolation and provide the support needed for independent aging.

To learn more or to register for programs:

Visit dorotusa.org

Call **(212) 769-2850**

Email info@dorotusa.org

To Volunteer:

Visit dorotusa.org/volunteer

Email volunteers@dorotusa.org

For DOROT Westchester, NY office:

Call **(914) 485-8354**

For Information and Referral to services for older adults:

Call **(212) 769-2850**

If you need assistance reading this flyer, please call (212) 769-2850